

Well-Being and Blue Zones at Adventist Health

The Well-Being Division, together with Blue Zones, is transforming well-being where we live, work and play. We're optimizing our environment and incorporating the secrets of longevity found in the original Blue Zones with evidence-inspired ways for individuals, organizations and communities to live longer, better.

What is Blue Zones?

Blue Zones are rare longevity hotspots from around the world where people thrive into their 100s based on [research](#)

Blue Zones at Adventist Health empowers every associate to prioritize well-being through the Power9 habits of Blue Zones that include:

- Connection to purpose
- Building strong relationships
- Natural movement
- Intentional rest and recovery
- Nurturing a positive mindset

Community Well-Being and Blue Zones Projects

Almost all Americans spend their lives within 20 miles of home, otherwise known as the Life Radius. Blue Zones Projects are designed to reinforce sustainable changes in the built environment, policies, schools, restaurants, grocery stores, faith-based communities and neighborhoods to ultimately bring well-being within reach to every citizen.

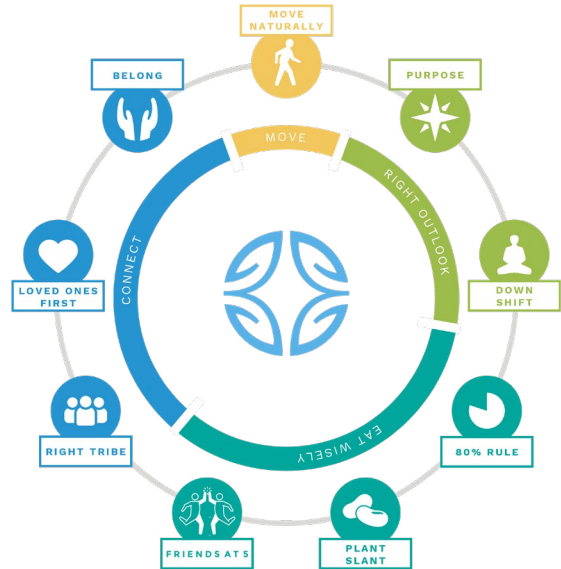
Blue Zones projects include community changes such as:

- More parks, bike trails/walkable public spaces
- Improving roads/transportation
- Healthier restaurant menus/school lunch options
- Access to fresh fruits and vegetables
- Decreased tobacco use
- Opportunities for volunteerism

Over the next three years, Adventist Health is committed to launching a Blue Zones Project in every community within our Adventist Health footprint

“Adventist Health has always believed in creating environments of belonging and easy access to healthy lifestyles, and we also know that the future of healthcare goes beyond the role of traditional hospitals by investing in our communities to improve people’s overall wellbeing...Adventist Health’s work with Blue Zones represents the future of healthcare and is a major component of our plan to redefine the role of health organizations across America and strengthens our commitment to inspiring health, wholeness and hope.” - Scott Reiner, CEO, Adventist Health

Learn more about Blue Zones at Adventist Health [here](#).



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